

Auricle

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Barwon
Health

KUNDE HOSPITAL



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Natalina at the heart
of patient care

11
The McKellar Guidelines:
Outcomes and Impact

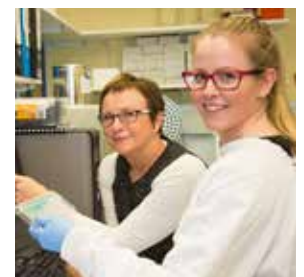
17
Chair Appeal raises
\$220,000 for #ProjectLove

**STAFF
EXPERIENCE
TREK OF A
LIFETIME**
Trip to Nepal.



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Auricle

The name *Auricle* is derived from an alternative anatomical term for the 'atrium' of the heart. It is also a 'homophone' for the term oracle, (sounds the same). Oracle can be defined as a source of important information. The heart reference holds significance in relation to the Barwon Health brand. At the same time it reflects the purpose of the newsletter – to share important information about our staff community.



www.facebook.com/barwonhealth



www.twitter.com/barwonhealth



Message from the CEO

Wishing a warm welcome to all Barwon Health staff and volunteers at the start of 2016 – the first two months have already flown by. I would also like to extend my thanks to those who worked throughout the busy holiday period to ensure the organisation met the needs of the community.

We have had a positive start to the year with the completion of the final stage of the Baxter Tower development at University Hospital Geelong, the new helipad. The new helipad is the best of its kind in Victoria and will streamline the way in which patients are transported to and from the hospital via helicopter. I would like to commend our Capital Works team for the extensive planning that went into the design and construction of the state-of-the-art helipad.

One challenge we are facing is the need to achieve budget by the end of the financial year. To this end, we have a number of initiatives underway including the refurbishment and reopening of Heath Wing 5 as a surgical ward. We will also be launching a range of environmental initiatives such as reducing printing and turning off PCs and light switches when areas are unused in order to both protect the environment and reduce waste. More information will be available in coming weeks, but in the interim, please contribute by saving power and eliminating unnecessary printing whenever possible.

Another key milestone at Barwon Health is the development of our Reconciliation Action Plan (RAP). Of the different types of RAPs, we are currently working on a

Reflect Rap, which is for organisations at the beginning of their Reconciliation journey, working toward building the foundations for relationships, respect and opportunities.

The start of this process saw departments across the organisation focus on what they could do within their work area to support Barwon Health's mission to Close the Gap and improve health outcomes for Aboriginal and Torres Strait Islander people who come into contact with our health service. The draft of our RAP has been submitted to Reconciliation Australia for review and feedback.

Barwon Health has also commenced its journey to enhancing inclusive practice, with the organisation's Gay, Lesbian, Bisexual, Transgender, Intersex and Queer (GLBTIQ) Inclusive Practice and Workplace Culture Committee holding their first ever event; a presentation on 'From Blues to Rainbows', which is an Australian study into the lives of gender diverse, transgender and intersex young Australians, with a focus on their mental health and well-being. This event proved a great success with over 70 attendees from across the organisation and the Geelong community.

Finally, it is with great enthusiasm that I welcome all the new staff who have recently joined Barwon Health; including our largest ever group of interns and two cohorts of graduate nurses and midwives. On behalf of the Board and Executive, we wish you all the best as you start your careers at Barwon Health.

Paul Cohen / Interim CEO

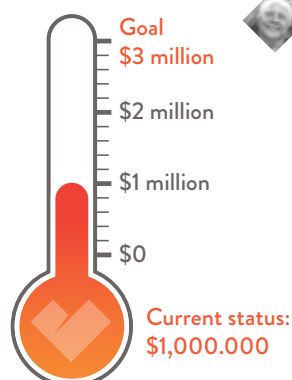
BARWON HEALTH
Hospital Appeal



Barwon
Health
Foundation

#ProjectLove
CANCER TREATMENT REDEVELOPMENT

Thank you to everyone who has supported the redevelopment of the Andrew Love Cancer Centre Chemotherapy Dayward and Pharmacy to date. To set up your own fundraiser or to make a donation go to www.barwonhealthfoundation.org.au





Natalina at the heart of patient care

Forty-year-old Natalina Hornai is the first patient to benefit from a new partnership between Barwon Health and East Timor Hearts Fund; Australia's only medical aid charity dedicated to providing heart surgery for the people of Timor-Leste (East Timor) in Australia.

The partnership, formed in November 2015, means that Natalina is the first of six patients from East Timor to have life-saving heart surgery at University Hospital Geelong this year.

Using the expertise of Barwon Health's cardiothoracic team, successful valve replacement surgery has placed Natalina on a pathway to a healthy life.

Natalina, a shopkeeper from Baucau in eastern Timor-Leste, is a single mother and is determined to support her daughter through school. She said she hopes receiving this treatment for her disease means she doesn't have to worry about any further health issues.

"Already I feel so much better and I'm looking forward to getting back to Timor-Leste and living a healthy life with my daughter."

"I feel like the luckiest woman in Timor-Leste to have had this opportunity," Natalina said.

Barwon Health Chief Operating Officer Peter Watson said the partnership with the East Timor Hearts fund will have an immeasurable impact on the lives of these East Timor patients.

"We are excited to join East Timor Hearts Fund on their mission, and this partnership is instilling our values through presenting a sense of community and compassion to our neighbours in East Timor," Peter said.

"Many Barwon Health staff including surgeons, anaesthetists, intensivists and nurses have been involved in Natalina's care, and they too are excited to be contributing to this great cause." ♥

Pictured: Barwon Health Cardiologist Dr. Alan Appelbe, Natalina and cardiac nurse Lauren.



INNOVATIVE APPROACH FOR OUTPATIENTS TO CHECK-IN

A new electronic kiosk in Barwon Health's Outpatients Department and Outpatient Annexe specialty clinics is helping to improve productivity and workflow in the department.

The easy to use electronic check-in system works by patients simply scanning the barcode on their appointment letter or entering their surname and date of birth into the touch screen. When the patient has successfully completed their check-in, a map on screen directs the patient to the waiting area allocated for the clinic they are attending. The check-in screen also steps the patient through a review of their personal details and if any details are out-of-date, the patient is directed to main reception to complete their check-in.

Outpatients Nurse Unit Manager Dianne Day said the new system has been great in facilitating more productive workflow within the Outpatients Department and Annexe.

"Each month, these departments see more than 8,000 patients, so the electronic check-in system has been very beneficial as it releases time for the reception staff to complete the many other aspects of their work," Dianne said.

A Barwon Health volunteer also acts as a concierge to greet and support patients using the check-in system for the first time or to assist with any issues navigating the system. ♥

Pictured: Barwon Health volunteer, Ron, assists patients with the new check-in system in the Outpatients Department.



SUMMER CAMPAIGN HIGHLIGHTS HEALTH CAREERS IN GEELONG

Barwon Health's Talent Acquisition Team in collaboration with the Communications and Marketing Department recently implemented a campaign to showcase careers at Barwon Health over the summer holiday period.

Each year, more than 300,000 people visit the Geelong and Surf Coast over summer and in light of this, the Talent Acquisition team came up with the idea of producing videos to showcase careers and lifestyle activities of Barwon Health staff on social media.

The focus was on staff who love working at Barwon Health and the lifestyle that goes along with living in the Geelong region, to encourage other visitors to consider making the move to our region and checking our employment opportunities.

Talent Acquisition Manager Christine Shaw explained that with so many people holidaying in the region over Christmas there is a great opportunity to increase Barwon Health's career brand awareness.

"The videos we developed were used across social media and showcased why our staff love working at Barwon Health and how much they appreciate the amazing lifestyle Geelong has to offer," Christine said.

"The campaign was viewed by more than 140,000 Facebook users; with the videos being viewed by 4,362 people on YouTube – a fantastic result."

To view the videos, visit the Barwon Health YouTube channel: www.youtube.com/user/BarwonHealth

If you're interested in making a department or team recruitment video, please contact Talent Acquisition on 4215 0561 or the Communications & Marketing Department on 4215 1119. ♥

Barwon Health welcomes new graduate nurses and midwives

January and February marked the beginning of an exciting time for our new nursing/midwifery graduates as they started their careers with Barwon Health.

The 73 new graduates come from a wide range of locations throughout the state and even the country; with the furthest place a graduate has relocated from for the program being Tasmania.

This year's cohort also includes nine male graduates, the largest number than ever before.

The orientation took a more hands on approach this year, with a strong focus on simulation. The graduates also got the

opportunity to take part in a simulation study day, which incorporates using skills and techniques to manage challenging behaviours.

The Graduate Program is continuing to extend the program to expanded settings; sending some graduates to work in Lorne Community Hospital and Corio Medical Clinic for part of their graduate year. The introduction of videoconferencing to these remote sites has also supported this.

Barwon Health wishes all the best to our graduates for a challenging and rewarding first year! ♥



Barwon Infant Study closes in on food allergy breakthrough

A study of more than 1,000 Victorian babies has shown those with hyperactive immune cells at birth, detected in their cord blood, were more likely to develop food allergies in their first year of life.

The research used well-documented food allergy information collected by the Barwon Infant Study (BIS), a collaboration between Barwon Health, Deakin University and the Murdoch Childrens Research Institute.

The Barwon Infant Study is a health study of more than 1,000 pregnant women and their babies from the Barwon region, looking at immunity and allergy as well as respiratory, cardiovascular and neurological development.

Barwon Health paediatrician, Associate Professor Peter Vuillermine, who leads the BIS, said childhood food allergies had become very common in Australia.

“There has been a three-fold increase in hospital presentations due to food allergy over recent decades, and most of this increase has been among children under five years of age,” said Peter.

“Up to one in every 10 babies in Melbourne develop food allergy during the first year of life.”

Barwon Health researcher Fiona Collier played a key role in the initial phase of the research.

“The lab team, including Carling Southall and Danielle Kennedy, measured and collated the profile of cord blood immune cells in every BIS infant that had cord blood collected,” Fiona said.

“These measures provided a large novel set of data that enabled some very important findings in relation to the immune profile of neonates. We observed that the cord blood immune cells in the food allergic infants responded differently

to the stress of birth; this finding formed the basis for the subsequent studies.”

Fiona explained the research suggests that the time in utero is very important and that there may be factors during pregnancy that program foetal cells to respond in a more hyperactive manner.

“The logical next step is to try and determine what factors may influence the foetal immune cells to respond differently at birth,” Fiona said.

For more information about the findings and the Barwon Infant Study, contact BIS@BarwonHealth.org.au ♥

Pictured: Barwon Infant Study lab team members Fiona Collier and Danielle Kennedy.



JUNIOR MEDICAL STAFF AWARDS SHOWCASE 'INTERN OF THE YEAR'

Barwon Health's Junior Medical Staff hosted their annual valedictory dinner in January at The Pier Geelong. One of the major awards presented on the night by the Residents Society was the Intern of the Year Award, which is selected through consultant and registrar voting.

The awards acknowledge and recognise doctors who demonstrate a high level of excellence and who consistently emulate Barwon Health's values.

The 2015 winners:

- Intern Award for Excellence winner - Dr Tom Kavanagh
- Intern of the Year winner - Dr Emmy Sneath
- Best Registrar of the Year winner - Dr Chris McAulay-Powell

The 2014 'Intern of the Year' recipient Dr Akmez Latona described winning the award as a great accomplishment, demonstrating that hard work does not go unnoticed at Barwon Health.

"I came to Barwon Health for my internship in 2014 and residency in 2015 because the organisation presented great opportunities for junior doctors to work throughout a number of different programs," Akmez said.

"Soon after starting, Barwon Health staff made me feel as though I was a key part of the team, patients started to know me as 'their' doctor, and the friends I made carried throughout my internship.

"I leave Barwon Health with an exceptional internship from a prestigious hospital, and with the treasure of lifelong friendships I made there."

"Barwon Health instils in its staff the necessity to put our patients at the forefront and to deal with them in the most compassionate manner, with emphasis on professionalism. I will work hard to practice medicine with my mind and heart."

Akmez has recently moved to Queensland to work at The Princess Alexandra Hospital for one year and said he will continue to carry the Barwon Health values into his future. ♦

Pictured: 2014 'Intern of the Year' Dr Akmez Latona.

Allan kicking goals with Allied Health Amputee Rehabilitation Team

Barwon Health's Allied Health Amputee Rehabilitation Team has facilitated 82-year-old retiree Allan Collier to return to independent living after a right trans-femoral (above knee) amputation in 2015.

After being discharged from hospital to the rehabilitation inpatient ward at the McKellar Centre, Allan worked tirelessly with Occupational Therapy, Physiotherapy, Prosthetics and Orthotics, Social Work, Podiatry, Dietetics, Medical and Nursing staff to achieve his goals.

Barwon Health Occupational Therapist, Jen Cogan explained that Allan focused on specific goals from early on in the rehabilitation process and his positive attitude to learning new skills supported this.

"An Occupational Therapy home assessment determined that a few wedge ramps at doorways and a shower seat were required."

Once these were arranged and some services put in place, Allan was discharged home. At this stage, Allan required a manual wheelchair to mobilise and the next phase of his rehabilitation journey began.

"Allan's background in architecture for 65 years also gave him the attention to detail and ability to follow the systematic approach needed to learn to walk again," said Kris, his Prosthetist. He is walking again thanks to the intensive work with his Physiotherapist, Suzi Monaghan.

Allan has and continues to make amazing progress. He is driving again following an Occupational Therapy driving assessment and car modifications.

Allan's recent achievements include navigating the narrow staircase at church to join his choir, where he can now stand and sing. He is able to maintain prolonged standing balance while using both hands to hold the hymn book.

He also owns a boat and has recently joined Sailability, an organisation whose purpose is to enable sailing for everyone, regardless of age or ability. This was facilitated by Barwon Health Recreational Therapist, Kylie Milward. ♦

"Allan and his rehabilitation team are so proud of the independence he has gained, and his next 'steps' are anyone's guess," said Jen.





Remembrance Day Care Package Drive

The annual Remembrance Day Care Package Drive at Barwon Health saw over 50 care packages delivered to Australian troops serving overseas at Christmas.

In October 2015 Barwon Health staff were encouraged to donate small personal items and food, which were sent to Australian Defence Force troops overseas to give them a small reminder of home.

This is the fourth year Barwon Health has held the care package drive and more than 400 care packages have been sent since 2012.

Barwon Health receives positive responses from troops each year, who get in touch via email to express their thanks for the care package they received.

Thank you to all staff who donated items and who volunteered their time to help put the care packages together.

AN EXCERPT FROM A LETTER OF THANKS:

To all the men and women from Barwon Health Geelong,

My name is Tom and I am a Brisbane based Infantry Sergeant posted to Kabul, Afghanistan. My platoon and I received your awesome care packages a few days ago. The men are so grateful knowing that everyday Australians back home are thinking of us during this time. We thank you for your time, financial input and the amount of thought and care placed into these packages. My guys are aged between 19 – 38 years old and for most of them this is their first Christmas away from family.

Thank you for acknowledging the boys sacrifice and hard work they put into serving our great nation and upholding the impeccable and strong reputation we have amongst other coalition forces. ♥

Pictured: The team of staff and volunteers who assisted in putting together the care packs (L). Sergeant Tom and his platoon (R).

JOIN THE STAFF ACTIVITIES CLUB

In December 2015, the Barwon Health Staff Activities Club hosted the annual Children's Christmas Party at the Geelong Showgrounds.

Members and their families were able to enjoy the animal farm, amusement rides, photos with Santa, entertainment by the Glitter Monkeys and over 500 Christmas gifts, which were given out to all the children who attended.

The event was an opportunity for members and their families to enjoy picnics and a BBQ provided by the

Grovedale Fire Brigade, raising funds for local fire fighters.

If you'd like to know more about the Barwon Health Staff Activities Club or are interested in joining, go to the Staff Activities Club page on One Point, where you can download a membership form and view our upcoming activities. ♥

Pictured: Matilda with Santa enjoying the BHSAC Christmas party with Nan and Barwon Health staff member, Michelle and Mum, Natalie.



Department of Medicine celebrates 25 years

In January 2016, the Barwon Health academic Department of Medicine recognised 25 years since its establishment.

In 1990, Professor Jack Martin who was the Chair of Medicine at St Vincent's Hospital, recruited Professor Geoff Nicholson and Dr Mark Kotowicz to set up the first regional academic Department of Medicine in Victoria and provide specialist endocrinology services in the region for the first time.

Prof Nicholson arrived in Geelong in December 1990 and was joined by Research Fellow, Dr Anna Fenton, and research assistant, Joanne Britto at the beginning of 1991 and Dr Kotowicz joined the group on January 21.

The department became an independent multidisciplinary department in 2000, under the name Department of Clinical and Biomedical Sciences, Barwon Health. With a demonstrated capacity for a productive academic unit, the department

was disestablished in 2010 to enable the transition of academic staff to Deakin University.

The first ambulatory stabilisation of newly diagnosed diabetes was undertaken in April, bringing an end the practice of routinely admitting patients for diabetes stabilisation. An Endocrinology Private Practice was established located in Myers House and Yvonne Birch was recruited to begin the Bone Densitometry Service.

Work began on the design of the Geelong Osteoporosis Study and a bone cell laboratory was set up on the ground floor of Myers House. Dr Julie Pasco joined the team in 1993 and coordinated the Geelong Osteoporosis Study. The Geelong Osteoporosis Study has underpinned the epidemiological research now undertaken by Deakin University's IMPACT Strategic Research Centre, based at Barwon Health.

The foundation members of the department have published approximately 300 papers, based on studies undertaken in Geelong, in peer reviewed literature.

The department produced 16 PhD completions, of which nine have had successful academic careers, as well as at least 30 honours and two masters students. It has also generated over \$6million in competitive grant income. The department's Clinical Trials Unit has conducted approximately 75 trials since its inception. ♥

Pictured: Barwon Health's academic Department of Medicine team



SHAREPOINT COLLABORATIVE SITES PROJECT

SharePoint is a web platform that enables teams and groups to work together; sharing information, documents, calendars, links, project milestones and literature.

By April 2016, SharePoint Collaborative Sites will be available to all Barwon Health staff. A Collaborative Site can be many things, but they're most often used for teams, committees or projects.

Barwon Health's intranet, One Point, has been built in SharePoint. Staff can be 'end users' of SharePoint by accessing and downloading information and forms, but they can also be 'owners' or 'users' which means that you can create your own site, upload information and share it with others.

For many Barwon Health staff, SharePoint is a new program, which requires learning new IT skills, including SharePoint functionality and the principles of Information Management (IM).

When set up properly, IM allows us to quickly and easily find accurate information through the search function on SharePoint.

"SharePoint is a fresh approach to internal IM, and we'd really like all staff to embrace this new technology and to be part of it," said Health Informatics Project Manager Janelle Jakowenko.

So how do you know what to put on One Point, and what goes on a Collaborative Site?

"The best way to think of it is – imagine you were running a business – One Point is what you'd like your customers to see and Collaborative Sites are for all the communication and collaboration within your business," said Janelle.

"One Point contains completed forms, information, project reports, research and policy. Collaborative Sites are for local communication between your team or committee and 'work in progress' type

communications. A great tool to save your inbox from filling up."

The SharePoint Collaborative Site owners course can be found on The Learning Portal. It takes about 40 minutes to complete and needs to be completed by the site owner before a new SharePoint Collaborative Site can be provisioned.

For more information, please email sharepoint@barwonhealth.org.au. ♥

Pictured: Acting Capital Works Manager, Jacob Beard, creating his Sharepoint Collaborative Site.





The adolescent project: understanding teenagers and their oral health

The behaviours of teenage dental patients are being examined through a new project by Barwon Health's Oral Health service.

Students in years 7 to 10 from high schools across Apollo Bay, Colac, Lavers Hill and Lorne have been invited to participate in the Adolescent Project in a bid to understand the reasons behind poor attendance rates and increased dental cavities in teenagers.

The project aims to identify barriers that teenagers from the Colac-Otway region are facing when accessing dental services. Through the use of a series of surveys and dental screenings, researchers are trying to understand risky behaviours undertaken by teenagers, which may impact on their oral health. Such behaviours include dietary habits, hygiene practices, lifestyle choices (including facial/oral piercings) and their mental health status.

Barwon Health Oral Health Therapist, Lara Mayze, is heading the research project and has been applying dental anxiety surveys and conducting baseline dental screenings with students in order to obtain data that will be used to understand current oral health knowledge and practices, as well as understanding underlying dental anxieties.


"The experience of working with the students is rewarding, and the research findings are fundamental in order to understand changes required to improve oral health outcomes," Lara said.

"Identifying students at need of dental treatment has potential to decrease service burden and prevent the need for extensive treatment."

Head of Barwon Health and Colac Area Health's Department of Oral Health Services, Dr Michael Smith, is pleased with the progress of the project to date.

"Understanding the behaviour of teenagers and the attitude toward dental treatment will allow for improved health promotion programs to be developed and integrated into dental practice," Michael said.

"We also appreciate the support we have received from the secondary schools."

The conclusion of the project will see an analysis of the current service design and model of care, with future service redesign plans being considered to improve access to dental services for the teenage population in the region. 

Pictured: Barwon Health Oral Health Therapist, Lara Mayze

BARWON HEALTH WELCOMES NEW ABORIGINAL HEALTH LIAISON OFFICERS

Introducing Shirley Abrahams, a Gunditjmara woman, and Mick Ryan, a Ngarrindjeri/Gunditjmara man, the newest members of Barwon Health's Aboriginal Health Team. Both Shirley and Mick have worked extensively in the area of Aboriginal health, bringing a wealth of experience to their roles.

Shirley was an integral part of Wathaurong Aboriginal Co-operative's Home and Community Care program for many years prior to commencing at Barwon Health, and brings a love of her

community and a strong knowledge of her culture to her position.

Mick works as a Barwon Health Aboriginal Health Liaison Officer two days per week, and continues to work with the Western Victorian Primary Health Network in his role as Indigenous Advisor.

If you would like to contact Mick or Shirley, please phone 4215 0768 💎

Pictured: Welcome to new Aboriginal Health staff members Mick and Shirley.



New research examines link between bone health and bipolar disorder

The National Health and Medical Research Council's (NHMRC) national grants round saw eight local Deakin University researchers achieve grant success. One of the successful grant recipients was Dr Lana Williams, Head of the Division of Psychiatric Epidemiology at the Centre of Innovation in Mental and Physical Health and Clinical Treatment (IMPACT) Strategic Research Centre, based at Barwon Health's new Health, Education and Research Building.

Dr Williams' NHMRC grant will support research in a project titled 'Bone health in bipolar disorder', which will examine the association between bipolar disorder and bone fragility, an area of research that has in the past been overlooked.

"It is widely understood that just under half of all people with bipolar disorder have a chronic physical illness, and the one neglected comorbidity is osteoporosis," said Dr Williams.

"The findings from this study will enable future researchers, clinicians and patients to better understand adverse events associated with bipolar disorder and to develop and evaluate monitoring strategies surrounding bone health in these individuals."

The project will add to Dr Williams' innovative program of research which examines the medical, lifestyle and social correlates of mood, anxiety and personality disorders within an epidemiological context.

This NHMRC funding will support an existing IMPACT study called 'Geelong Bipolar Disorder and Lifestyles Study', which aims to investigate the health and lifestyle factors associated with bipolar disorder and its related illnesses, including osteoporosis.

The study is a joint venture between Barwon Health and Deakin University and is currently seeking participants. If you would like to take part and contribute to



this new field of research, or want more information about the study, please contact researcher Ms Amanda Stuart on (03) 4215 3308 or email bipolar@barwonhealth.org.au. 💎

Pictured: Researcher Dr Lana Williams



MEET CASEY – HIS TRAINEESHIP JOURNEY

The implementation of a traineeship/ apprenticeship program at Barwon Health, in conjunction with Northern Futures, is helping provide pathways into employment for the community in Geelong's Northern suburbs. The program allows trainees to complete a Cert III/IV level traineeship whilst working in a full time role at Barwon Health to develop on-the-job skills.

One of Barwon Health's trainees is Casey Ritchie, who works in the Workforce and Culture team. Casey's role involves database and system administration across Barwon Health's training and payroll systems, as well as working within the Workforce main reception area.

Casey has proved himself to be an invaluable member of staff through his ongoing involvement in various committees at Barwon Health, where he supports a number of internal and external events.

Casey said that the traineeship program has enabled him to expand his professional network and make him more employable.

"Being involved in this program has assisted me in furthering my education. I'm learning new skills and building on my professional and personal qualities," Casey said.

"There has been great support available to me including workplace mentors who are able to assist me with extra training, study, and other professional development activities such as workshops and presentations."

Casey is encouraging other potential trainees to apply and get involved in the program.

"Barwon Health is such a large organisation and there are so many opportunities for career development. I love that my role here is continually evolving and challenging, allowing me to consistently learn new skills."

Following his traineeship, Casey hopes to secure a permanent administration position at Barwon Health. ♦



Largest intake of doctors welcomed to Barwon Health

In January, Barwon Health welcomed 42 new doctors to the organisation as they commenced their internships.

Many of the interns have returned to Geelong after completing their studies throughout Victoria and interstate, choosing Barwon Health because of its reputation as a centre of excellence in care, education and research.

The interns first week at University Hospital Geelong was all about getting to know the organisation with an intensive orientation program kick-starting their first week as doctors.

Barwon Health extends its well wishes to the organisation's newest staff members as they transition from student to first year doctor and for their further professional development as medical practitioners. ♦

Pictured: Barwon Health's 2016 Interns.

Staff acknowledgements

Dr Sharon Hakkennes has recently been appointed as Barwon Health's new Chief of Knowledge and Information Services. Sharon has extensive experience in leadership, informatics, information technology and research; she has worked in the health care industry for more than 20 years and has held several roles in her time at Barwon Health, including most recently, Director of Health Informatics. Wishing Sharon all the best in her new role.

Congratulations to **Professor Michael Berk** who was presented with a major international award by the U.S based Brain and Behaviour Research Foundation at its 28th Annual National Awards Dinner in late October in New York City. Professor Berk, Alfred Deakin Chair in Psychiatry and Director of Barwon Health/Deakin University's IMPACT Strategic Research Centre, was awarded the 2015 Colvin prize for Outstanding Achievement in Mood Disorders Research. This award recognises

his work and continued development of Novel Therapies in the treatment of Psychiatric Disorders.

Orthopaedic Surgeon and Fellow of the Royal Australasian College of Surgeons (RACS), **Mr Bill Huffam** was recognised for his outstanding service to the community by the College and Barwon Health. The Outstanding Service Award was presented at Barwon Health's combined Annual Meeting and Board Open Access Meeting in November 2015. Bill served on the Geelong Hospital Board for more than 19 years and held a number of Committee Chair positions in the hospital during that time. Bill was instrumental in Geelong Hospital being the second paediatric orthopaedic centre, after Royal Children's Hospital, in Victoria.

Garth Birdsey, Senior Clinician Pharmacist Barwon Health, received an Outstanding Achievement in Clinical Education &

Training at Barwon Health's Clinical Education and Training awards in October 2015. Garth has been a clinical educator in cardiovascular therapeutics for Monash University Faculty of Pharmacy and Pharmaceutical Sciences since 1993, where he has provided specialist training for the postgraduate clinical pharmacy courses, the Graduate Diploma in Hospital Pharmacy and the Clinical Master's Degree and specialist lectures to the undergraduate students of the Faculty. From 2008 Garth has been convenor of the Clinical Pharmacology Curriculum Committee for the School of Medicine Deakin University; this has extended to the School of Optometry and the postgraduate school of nursing. Garth has provided in-house clinical education for the specialist nursing course for Cardiac Care and the in-house pharmacy training program for junior pharmacists of Barwon Health. Congratulations Garth. ♥

The McKellar Guidelines: Outcomes and Impact

By Trisha Dunning AM, Sally Savage and Nicole Duggan

The McKellar Guidelines for Managing Older People with Diabetes in Residential and other Care Settings (McKellar Guidelines) were developed to help clinicians deliver optimal evidence-based diabetes care for older people in all care settings and to benchmark the standard and quality of diabetes care of older people. This report outlines the impact of the guidelines since they were released in late 2013.

Impact of the Guidelines

The guidelines are currently being implemented in various practice settings, which suggests they are transferable outside the residential aged care facilities in which they were developed and tested.

- They became policy at Barwon Health in 2014, which indicates they are sustainable after the research is completed.

- The guidelines were awarded the Barwon Healthcare Innovation Award in 2013.
- Medical record audits undertaken before the Guidelines were implemented in 2014 and approximately nine months after implementation in 2015 show changes consistent with the Guidelines in McKellar Centre residents' care plans, including evidence that care is personalised.
- McKellar Centre staff are required to attend annual professional development sessions that encompass the McKellar guidelines.
- The risk assessment tools (diabetes risk screen for older people who do not have a diagnosis of diabetes, hypoglycaemia, risk of glucose lowering medicine adverse event, diabetes-specific falls risk, diabetes specific pain risk) were translated into



Norwegian in late 2014 and are being used in Norway.

- Preliminary discussions about translating the Guidelines into Chinese were held with a geriatrician from China in September 2015.
- The Guidelines were cited in the Australian Government Australian National Diabetes Strategy 2016–2020 released on World diabetes Day, November 14th 2015.
- The Guidelines led to several peer-review and invited papers and presentations including presenting at the Better Practice Conferences in 2014 and National Association for Diabetes Centres (NADC) Best Practice Conference. ♥



Changes to Volunteer Services

Following extensive consultation within the Volunteer Services department, there has been some recent changes to the Volunteer Coordinator portfolios as a result of feedback from staff and volunteers.

“These changes will result in a more coordinated approach to the way we engage and support volunteers and ultimately, will result in volunteers and key contacts receiving more support and guidance from our department,” said Volunteer Services Director, Zoe Waters.

If you are unsure who your new contact is within Volunteer Services, please contact Lyn Stack, Team Leader.

Changes to portfolio areas are detailed below. ♥

Pictured: The Volunteer Services team at the end-of-year celebration dinner

Staff Member	New Portfolio Area	Previous Portfolio Area
Georgi Baker	University Hospital Geelong Including Swanston Centre and Kitchener House.	<i>Aged Care and Rehabilitation</i>
Sally Wiltshire (from 15th Feb)	Aged Care and Community Health Including the McKellar site, Alan David Lodge and Community Health Centres.	<i>Volunteer Recruitment & Administration.</i>
Peter Dean	Volunteer Patient Transport Including Renal Services and FoodAid.	<i>Volunteer Patient Transport, McKellar Resident Transport.</i>
Jodi Lammers	New Volunteer Projects & Community Partnerships Including Schools and Community Visiting Groups.	<i>University Hospital Geelong and Community Partnerships.</i>
Jen Walsh	Palliative Care and Pastoral Care Including Bereavement Support and Palliative Care Life Stories.	<i>Palliative Care and Pastoral Care.</i>

FAREWELL TO MUCH-LOVED VOLUNTEER SERVICES STAFF MEMBER RONALD DOUTCH

It is with great sadness that we farewell dear friend and colleague, Ronald Doutch, who passed away on 9 December after a long and courageous battle of ill health.

Ron was a well-known and respected staff member at Barwon Health and in particular, the McKellar Centre. Many will know Ron from his roles within Volunteer Services where he commenced as a volunteer driver; he was then recruited as a staff member to coordinate the Aged Care Bus Program in 2005.

Everyone that knew Ron would agree that he absolutely loved his job, and he will be remembered for his sense of humour, along with his dedication to the organisation.

Our thoughts are with Ron's wife Hazel and sister-in-law Kay. ♦



Meet the new Coordinators

In this edition, we are profiling the new Volunteer Services Coordinators to introduce them and their new portfolios to staff.

Peter Dean is the Volunteer Transport Coordinator and the new key contact within Volunteer Services at the McKellar Centre. He will also be responsible for supporting the Renal Services volunteers and Food Aid volunteers.

Peter has been with Barwon Health for nearly five years and has a huge amount of experience within the transport and volunteering area. He is a big Hawthorn Football Club fan and often reminds the Volunteer Services team of just how many AFL grand finals his team have won!

Sally Wiltshire is the new Aged Care and Community Health Volunteer Coordinator and will be responsible for supporting all volunteers across these two areas in her role.

Sally has been working within Volunteer Services for the past 10 months as the Volunteer Development Administrator and has been a fantastic addition to the team.

Sally is fun, vibrant and has a great understanding of how to recruit and support our volunteers. She loves all things sport and is a mad Geelong Cats fan as well as a supporter of her children's cross country running and the Australian cricket team.

Georgi Baker, who was previously supporting the Aged Care and Rehabilitation Volunteers, has moved to the role of University Hospital Geelong Volunteer Coordinator, to support all volunteers across the hospital site, including the Swanston Centre and Kitchener House.

Georgi has worked within Barwon Health for more than 23 years. She is a creative at heart and loves all things cooking, arts and craft and is a quilting expert. Georgi is a standout in the kitchen and is often asked by the Volunteer Services team to make her famous clinker slice! ♦



Volunteers celebrate the festive season

The annual Barwon Health Volunteers Christmas party and celebration dinner was held in December 2015 at Simonds Stadium.

Over 200 volunteers went along to the event, which was themed 'summer sensations', requiring all attendees to dress up in beach and Hawaiian themed outfits.

Volunteer Services took the opportunity to thank former Chief Executive, David

Ashbridge, for his support and inducted him as the 'Chief Volunteer'.

There is no show without punch, so Board Chair, Dr John Stekelenburg was inducted as the 'Chairman Volunteer'.

The theme was well received by all and everyone had a great time dancing the night away and enjoying the live band playing some summer music favourites!





BABIES, BONES AND BRAINS

During Barwon Health and Deakin University 2015 Research Week, the Barwon Health Foundation hosted an important dinner at the Geelong Gallery to showcase medical research and launch the Barwon Health Foundation Future Fund.

More than 100 prominent locals attended the function, which was hosted by media identity Denis Walter. Speakers included Barwon Health Board Chair, Dr John Stekelenburg, Barwon Health Foundation Future Fund Chairman, Ray Frost, and Geelong Football Club CEO and Barwon Health Foundation Board member, Brian Cook.

The theme of the night was focused on 'Babies, Bones and Brains' and guests were fascinated to learn more about the world class research that takes place across Barwon Health, instilling the message that Geelong has the potential to become a major research hub.

Guests heard from a number of Barwon Health's award-winning researchers



including Associate Professor Peter Vuillermin, Professor Julie Pascoe and Professor Michel Berk. Fulbright Scholar Dr Harris Eyre also addressed the dinner, highlighting the importance of community support in this area.

The night was well received by all who attended and it cemented the Barwon Health Foundation's focus to highlight

and support the important research work being undertaken across the organisation.

For more information about the Barwon Health Foundation Future Fund, please call (03) 4215 8900. ♦

Pictured: Talking 'babies, bones and brains' at the Barwon Health Foundation Future Fund launch dinner.

NEW CAT SHARES THE LOVE FOR IMPORTANT PROJECT

New Geelong Cats footballer Scott Selwood has joined teammate Daniel Menzel as an ambassador for the Barwon Health Foundation and #ProjectLove.

Scott is excited to support the Barwon Health Foundation, which has already raised \$1million for the redevelopment of Barwon Health's Andrew Love Cancer Centre.

"I'm really happy to be on board for this really important cause and to be supporting the Geelong community through this project," Scott said.

"Having an excellent chemotherapy treatment facility is so important for the region, and I'm looking forward to joining Dan and the Barwon Health Foundation in helping to achieve this."

#ProjectLove is the Barwon Health Foundation's two-year fundraising

campaign to redevelop the Andrew Love Cancer Centre Chemotherapy Day Ward and Pharmacy.

The current Chemotherapy Day Ward needs expanding and updating to provide the respectful and comfortable environment that our patients deserve during this stressful time. The Pharmacy also needs expanding to ensure each patient receives the best individual treatment possible. The redevelopment will feature more space and updated equipment to provide clinicians and pharmacists with state-of-the-art facilities to deliver the highest standard of care.

The project will include a new dispensary outlet allowing cancer patients to receive the counselling and information direct from the pharmacists within the centre, to ensure they fully understand the medication they are prescribed. It will

also provide a better flow of access for Chemotherapy Day Ward staff to collect and administer lifesaving chemotherapy.

To donate or host a fundraiser, please visit www.barwonhealthfoundation.org.au

Pictured: Cats teammates and Barwon Health Foundation ambassadors, Daniel Menzel and Scott Selwood.





Staff experience trek of a lifetime

Barwon Health staff from the Emergency Department, Maternity Day Assessment Unit and the Barwon Health Foundation recently embarked on a once-in-a-lifetime trip to Nepal.

The group took part in the Barwon Health Foundation Huma Charity Challenge trek, raising funds for services across Barwon Health. The group were introduced to the villages and culture of the Sherpa people and took time to explore the colourful markets of Namche Bazaar and the famous Thyangboche monastery – the spiritual heart of the Khumbu region.

During the trek the group followed established trails in the Sagarmatha National Park to view many of the world's highest peaks including the summit of Everest that peers above the 8000m peaks of Lhotse and Nuptse.

One very special stop was the chance to visit Khunde and Khumjung villages where

Sir Edmund Hillary established the regions first hospital and school.

The Khunde Hospital services about 8,000 Sherpas and families living in the Solu Khumbu area of Nepal and the 20,000 or more trekkers in the Khumbu (Mount Everest) area. The hospital staff comprised of two volunteer doctors and three paid paramedics staff, 12 months a year.

Staff enjoyed meeting their health care colleagues at this hospital and struck up a wonderful new relationship with Khunde Hospital. ♥

See the world and support our Hospital

As part of the HUMA charity Challenges, the Barwon Health Foundation is offering three treks during the 2016 calendar.

Join us on one of our upcoming challenges and raise funds for #ProjectLove.

HUMA Inca Trail Challenge
- 29 April - 11 May 2016

HUMA Larapinta Challenge
- 30 June - 7 July 2016

HUMA Nepal Annapurna Trek
- 15-31 October 2016

To register your interest in any of these treks or to find out more about how the challenges work, phone 4215 8900 or visit www.barwonhealthfoundation.org.au

Pictured: Barwon Health staff on their trip in Nepal (below) & Incredible views over Mt Everest, taken by one of our staff who embarked on the trek (above).





Chair Appeal raises \$220,000 for #ProjectLove

As part of the #ProjectLove campaign, the Barwon Health Foundation launched the #ProjectLove Chair Appeal, to provide the community with the opportunity to help purchase treatment chairs for the redevelopment of Barwon Health's Andrew Love Cancer Centre.

Thanks to the generosity of the Geelong community, more than \$220,000 has been raised for #ProjectLove as part of this appeal.

A total of 17 chemotherapy stations are required for the redevelopment, along with additional equipment needed for the Chemotherapy Day Ward and Pharmacy.

One family that has shown a great deal of support for #ProjectLove is the family of Torquay sporting identity, Roger Boak.

Roger, a life member of both the Torquay Cricket Club and Torquay Football Club, passed away in 2005 from cancer, age 48. He spent many hours in the Chemotherapy Day Ward at the Andrew Love Cancer Centre receiving treatment prior to his passing.

Roger's family are now trying to raise \$10,000 to honour the memory of 'Boaky' and purchase a treatment chair in his name.

Roger's wife, Chicki, said she hopes Roger's profile in the Surf Coast region will help

raise awareness of the Chair Appeal and #ProjectLove, while also leaving a legacy for the Torquay icon.

"This is obviously a cause that is very close to my heart," Chicki explained.

"Losing Roger was heartbreaking and completely devastating for our family, something we wouldn't want anyone else to have to go through. If a new treatment chair could comfort other families during this time it would mean a lot to us.

"Roger was a wonderful clubman, player, coach, husband and father who loved Torquay and its sporting community."

Roger was involved with the Torquay Cricket Club for 25 years and played more than 230 games for the Torquay Football Club, playing in four premierships. Roger also coached junior football for many years including an under 14s premiership in which his son Travis Boak, now captain of the Port Adelaide Football Club, played in.

Travis looks up to the sky before running through every banner on game day, in a touching tribute to his late father.

If you would like to contribute to the appeal or make a donation in memory of Boaky, please visit www.barwonhealthfoundation.org.au 💎



UPCOMING EVENTS FOR 2016

Vecci Golf Day
Friday 12th February
12.00pm
13th Beach Golf Links

Worlds Longest Lunch
Friday 4th March
12.00pm
Steam Packet Gardens

Inca Trail Challenge
29th April - 11th May
Peru

Hot Chocolate Day
Friday 6th May
Geelong

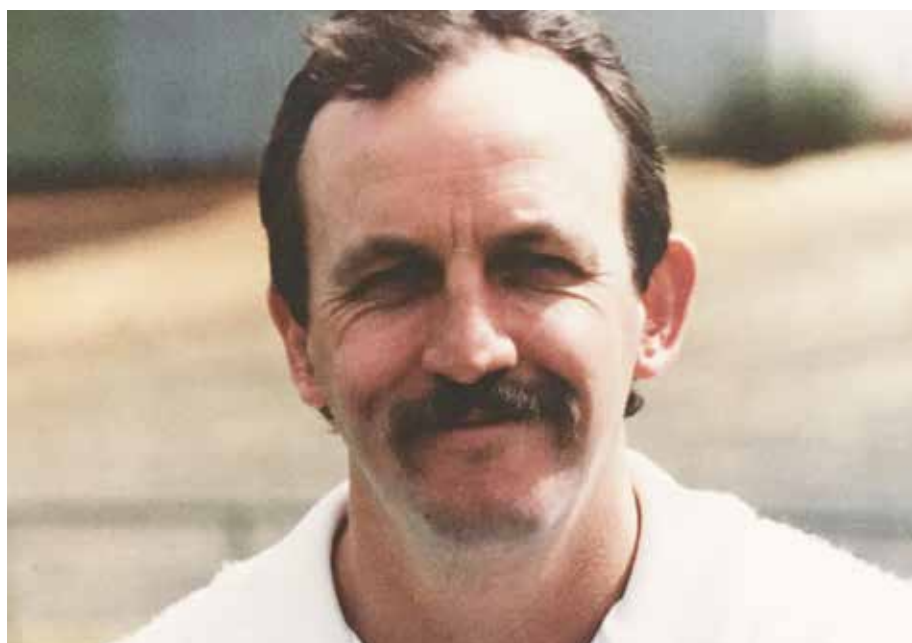
Blue Ribbon Ball
Saturday 14th May
Mecure Hotel

Giving Weekend
Friday 17th & Saturday 18th June
Various

Light up the Green
Thursday 23rd June
6.30pm
Simonds Stadium

HUMA : Larapinta Trail Challenge
30th June - 7th July
Central Australia

Dry July
💎



Barwon Health Locations

University Hospital Geelong™	Bellerine Street, Geelong T 4215 0000
Corio Community Health Centre	Gellibrand Street, Corio T 1300 715 673
Belmont Community Health Centre	1-17 Reynolds Road, Belmont T 1300 715 673
Torquay Community Health Centre	100 Surfcoast Highway, Torquay T 1300 715 673
McKellar Centre	45-95 Ballarat Road, North Geelong T 4215 5200
Newcomb Community Health Centre	104-108 Bellarine Highway, Newcomb T 1300 715 673
Belmont Community Rehabilitation Centre	1-17 Reynolds Road, Belmont T 1300 715 673
Anglesea Community Health Centre	McMillan Street, Anglesea T 1300 715 673
Mental Health, Drugs and Alcohol Services	Swanston Street, Geelong T 1300 094 187

Please note: this is not a complete listing of Barwon Health sites.

www.barwonhealth.org.au



OUR VALUES
RESPECT
COMPASSION
COMMITMENT
ACCOUNTABILITY
INNOVATION